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WEEK 50
2016



A culinary question while cooking?

Send us a free WhatsApp message from 16:00 - 21:00 to +31 (0) 6 2727 3232.



Take a picture of your dish and share it via social media. The best photo will win a surprise!

Whiting fillet with tomato tapenade and ratatouille

With a warm ciabatta

Whiting is a predator and belongs to the family of the cod. It feeds on crustaceans, shrimp, mussels, squid and small fish like sprats, sardines and herring. The whiting fish meat is delicate, perfect for a preparation with few steps as in this dish.

store in refrigerator



30-35 min



easy



eat within
3 days



spicy



Whiting fillet



Tomato tapenade



Red chilli



Onion



Garlic clove



Roma tomato



Eggplant



Paprika powder



Brown ciabatta

Ingredients

	1P	2P	3P	4P	5P	6P
Onion (pc)	½	1	1½	2	2½	3
Garlic clove (pc)	1	2	2	3	4	4
Red chilli (pc)	¼	½	¾	1	1	1
Tomato (pc)	1	2	2	3	3	4
Eggplant (pc)	½	1	1½	2	2½	3
Paprika powder (tsp.)	1	2	3	4	4	5
Whiting fillet with skin (100g) 4)	1	2	3	4	5	6
Tomato tapenade (g) 4) 22)	40	80	120	160	200	240
Brown ciabatta (pc) 1) 6) 7) 17) 19) 22) 25) 27)	1	2	3	4	5	6
Vegetable bouillon (ml)*	100	150	200	200	250	300
Olive oil (tbsp.)*	1	1	2	2	3	3
Black balsamic vinegar (tbsp.)*	1	2	3	4	5	6
Pepper and salt*	To Taste					

* Add yourself

Allergens

1) Gluten 4) Fish 6) Soy
7) Milk/lactose
May contain traces of
17) eggs, 19) peanuts,
22) nuts, 25) sesame
and 27) lupine.

Utensils

Stir-fry or sauté pan
with lid, baking sheet
with baking paper

Nutrition Facts 532 kcal | 25 g protein | 49 g carbs | 21 g fat, of which 3 g saturated | 10 g fibres



1 Preheat the oven to 210 degrees and prepare the bouillon.

2 Chop the onion and cut or press the garlic. Remove seeds from the red chilli and slice the red chilli finely. Cut the tomato and eggplant small.

3 Heat the olive oil in a stir-fry or sauté pan with a lid and cook the onion, garlic and red chill for 2 minutes over medium heat. Add the tomato and black balsamic vinegar and cook for 2 minutes. Add the eggplant, paprika powder and half of tomato tapenade. Add the bouillon, leave 10 - 12 minutes, covered, to simmer or until the eggplant is soft. Halfway through remove the lid of the pan. Season with salt and pepper.

4 Meanwhile sprinkle the whiting fillet on the skinless side with pepper and salt and put the whiting fillet, skin side up, on a baking sheet with baking paper. Smear the skin of the whiting with the remaining tomato tapenade. Bake the whiting fillets and ciabatta for 6 - 8 minutes in the oven.

5 Divide the ratatouille on plates and serve with the whiting fillet. Tear the ciabatta into pieces and dip into the ratatouille.



Tip! Do you have a small oven and doesn't the ciabatta fit next to the whiting fillet? Bake the ciabatta while you cut the vegetables and fry the fish afterwards. You can, just before serving, heat the ciabatta for 1 minute in the oven.



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WIJNBOX

Quinta da Espiga tinto

This accessible, rich wine has ripe red fruit notes and spicy aroma's. An ideal wine for an autumn kale dish with sausage.



Take a picture of your dish and share it via social media. The best photo will win a surprise!



Dutch kale stew with parsley, carrot and sausage

With fried shallots and sweet-sour pickles

This variation on kale stew is made with Parsley root. Parsley root is a forgotten vegetable and resembles the parsnip. The taste is a mixture between celeriac and parsnips. Delicious with kale and sausage!



35-40 min



easy



eat within
3 days

store in refrigerator



Parsley root



Kale



Almond & paprika
pork sausage



Piccalilly



Melody potatoes



Shallot

Ingredients

	1P	2P	3P	4P	5P	6P
Melody potatoes (g)	250	500	750	1000	1250	1500
Parsley root (g)	100	200	300	400	500	600
Kale, sliced (g) 23)	150	300	450	600	750	900
Shallot (pc)	½	1	1½	2	2½	3
Almond & paprika pork sausage (pc) 8)	1	2	3	4	5	6
Piccaililly (g) 1) 6) 10)	25	50	75	100	125	150
Real butter (tbsp.)*	1	2	3	4	5	6
Mustard (tsp.)*	1	2	3	4	5	6
Pepper and salt*	To Taste					

* Add yourself

Allergens

1)Gluten **6)** Soy **8)** Nuts
10) Mustard

May contain traces of
23) celery.

Utensils

Large pot with lid,
frying pan with lid,
potato masher

Nutrition Facts 691 kcal | 33 g protein | 62 g carbs | 32 g fat, of which 15 g saturated | 13 g fibres



1 Bring 400 ml of water per person, with a pinch of salt, to the boil in a large pot with lid for potatoes and vegetables.

2 Wash or peel the potatoes (melody) thoroughly and cut into quarters. Cut the parsley root into equal slices. Boil the potatoes and parsley root, covered, for 12 - 15 minutes in the large pot with a lid. Boil the kale along in the last 10 minutes. Then drain, reserving a little cooking water, and let steam without a lid.



3 Meanwhile, slice the shallot into rings. Heat half of the butter in a frying pan with a lid and cook the Brandt & Levie sausage for 3 - 4 minutes until browned over medium heat. Add the shallot and stir-fry for 3 minutes on medium heat. Then turn the heat to low and cook, covered, for 8 minutes over medium heat.

4 Mash the potatoes, parsley root and kale to a coarse puree using potato masher. Add the remaining butter and a dash of cooking liquid to make it smooth and season with mustard, pepper and salt.



5 Divide the dish on plates and serve with the Brandt & Levie sausage and pickles. Garnish with fried shallots.



Tip! Don't peel the potatoes, but cook them in their skins! This saves time.

Fact! Did you know that the 150 g kale that you use in this dish contains more calcium than a cup of milk and two times the recommended daily amount of vitamin C?



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WINEBOX

Synera tinto

This wine is made in the Spanish Catalunya. The mild flavor fits well with the sun dried tomatoes and pecorino.



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Curly pasta with broccoli, sun dried tomatoes and pecorino

With colored cherry tomatoes

This dish is a variation on a classic Italian combination: pasta with tomato and cheese. In this recipe we add broccoli. Broccoli is delicious with pecorino and tomato. In addition, this pasta is very easy to make.

store in refrigerator



20-25 min



easy



eat within
5 days



vegetarian



kid
friendly



Sun dried tomatoes



Pecorino



Garlic clove



Broccoli



Trio cherry tomatoes



Casarecce integrale

Ingredients

	1P	2P	3P	4P	5P	6P
Garlic clove (pc)	½	1	1½	2	2½	3
Broccoli (g)	125	250	375	500	625	750
Trio cherry tomatoes (g)	150	300	450	600	750	900
Caserecce integrale (g) 1)	90	180	270	360	450	540
Sun dried tomatoes (g)	35	60	90	120	150	180
Pecorino (g) 7)	25	50	75	100	125	150
Olive oil (tbsp.)*	1	1	2	2	3	3
Black balsamic vinegar (tsp.)*	1	2	3	4	5	6
Pepper and salt*	To Taste					

* Add yourself

Allergens

1)Gluten **7)** Milk/lactose

Utensils

Large pot with lid, stir-fry or sauté pan with lid

Nutrition Facts 638 kcal | 24 g protein | 76 g carbs | 23 g fat, of which 7 g saturated | 14 g fibres



1 Bring 750 ml of water per person with a pinch of salt to a boil In a large pot with lid for caserecce and broccoli.

2 Cut or press the garlic. Cut the flower of broccoli into small florets and stalk into small cubes. Halve the cherry tomatoes.

3 Cook the caserecce integral, covered, for 10 - 12 minutes in the large pot with a lid. Boil for 2 minutes after the broccoli. Then drain, reserving a little cooking water, and let steam without a lid.

4 Meanwhile, cut the sun dried tomatoes small. Heat olive oil in a stir-fry or sauté pan and fry the garlic, cherry tomatoes and black balsamic vinegar, covered, for 5 minutes over medium heat.

5 Add the caserecce, broccoli and sun dried tomatoes to the stir-fry or sauté pan. Add a small amount of cooking liquid and heat for 1 minute. Season with salt and pepper.

6 Divide the dish on the plates and garnish with the Pecorino and oil from the sun dried tomatoes to taste.



Fact! Did you know that the cooking water from the pasta is filled with starch and salt, and is what will benefit the taste and texture of the sauce?

Tip! Dont have enough time? Halve the cherry tomatoes and cook in their entirety.



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WINEBOX

Quinta da Espiga branco

This Portuguese wine is perfect with the creamy smoked mackerel, the coconut, and the fresh snow peas.



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Hot smoked mackerel with noodles, snow peas and coconut

With sereh and soy sauce

These delicious noodles are made with hot smoked mackerel. Mackerel is an oily fish that becomes a little harder when refrigerated as the fat of the fish solidifies because of the cold air. Therefore remove the fish from the refrigerator 15 minutes in advance. This allows the meat come to room temperature and is soft!

store in refrigerator



30-35 min



easy



eat at the beginning



kid friendly



lactose free



Leek



Hot smoked mackerel



Snow peas



Grated coconut



Sereh



Soy sauce



Noodles

Ingredients	1P	2P	3P	4P	5P	6P
Hot smoked mackerel (80g) 4) 15) 22)	1	2	3	4	5	6
Leek (pc)	½	1	1½	2	2½	3
Grated coconut (g) 19) 22)	10	20	30	40	50	60
Sereh (tsp.)	1	2	3	4	5	6
Soy sauce (ml) 1) 6) 19)	10	20	30	40	50	60
Snow peas (g)	65	125	190	250	315	375
Noodles (g) 1)	75	150	225	300	375	450
Sunflower oil (tbsp.)*	1	1	2	2	3	3
Pepper and salt*	To Taste					

* Add yourself

Allergens

1) Gluten **4)** Fish **6)** Soy
May contain traces of
15) gluten, **19)** peanuts
and **22)** nuts.

Benodigdheden

Stir-fry or sauté pan,
pot with lid

Nutrition Facts 654 kcal | 29 g protein | 64 g carbs | 30 g fat, of which 9 g saturated | 7 g fibres



1 Remove the hot smoked mackerel from the fridge. Boil 500 ml of water per person in a pot with a lid for the noodles. Cut the leek into thin rings. Remove the skin from the mackerel and cut the mackerel with a fork into small pieces.



2 Then heat a stir-fry or sauté pan over medium heat and grill the grated coconut, without oil, until golden brown. Remove from pan and set aside.

3 Heat the sunflower oil in the same stir-fry or sauté pan and fry the leek, sereh and soy sauce for 8 - 10 minutes over medium heat. Add the snow peas halfway through.



4 Meanwhile, cook the noodles for 3 - 4 minutes, covered, in the pot with a lid. Then drain and add the noodles, with half of the smoked mackerel and half of the grated coconut, to the stir-fry or sauté pan. Heat, stirring, for 1 minute on high heat and season with salt and pepper.

5 Divide the dish on the plates and garnish with the remaining mackerel and grated coconut.



Tip! Is the smoky taste of mackerel to present? Add 1 tsp. of honey per person to the noodles.



WINEBOX

Ramón Roqueta blanco

A white wine the tastes great with a fresh stew, but it should have some mature notes which highlight the creamy mashed potatoes.



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Colorful stew with parsnips and pecans

With rosemary, arugula, and sweet potato

This delicious stew is made with zucchini, sweet potato, potatoes, arugula and pecans. The herb cheese cubes create a creamy hue. In addition, rosemary makes for a delicious aromatic taste. This dish is a true color explosion.

store in refrigerator



35-40 min



easy



eat within
3 days



vegetarian



kid
friendly



gluten free



☐ Parsnip



☐ Fresh rosemary



☐ Arugula



☐ Herb cheese cubes



☐ Sweet potato



☐ Irene potatoes



☐ Zucchini



☐ Pecans

Ingredients

	1P	2P	3P	4P	5P	6P
Irene potatoes (g)	150	300	450	600	750	900
Parsnip (pc)	1	2	3	4	5	6
Sweet potato (g)	150	300	450	600	750	900
Zucchini (pc)	½	1	1½	2	2½	3
Fresh rosemary (stems) 23)	¼	½	¾	1	1¼	1½
Arugula (g) 23)	40	60	80	120	160	200
Pecans (g) 8) 19) 22)	15	30	45	60	75	90
Herb cheese cubes (g) 7)	25	50	75	100	125	150
Olive oil (tbsp.)*	1	1	2	2	2	3
Mustard (tbsp.)*	1	2	3	4	5	6
Pepper and salt*	Naar smaak					

* Add yourself

Allergens

7) Milk/lactose **8)** Nuts
May contain traces of
nuts **19)** peanuts,
22) (other) nuts and
23) celery.

Utensils

Large pot with lid,
frying pan,
potatomasher

Nutrition Facts 650 kcal | 18 g protein | 76 g carbs | 28 g fat, of which 8 g saturated | 13 g fibres



1 Peel or wash the potatoes (irene) and sweet potatoes thoroughly and cut into quarters. Cut the parsnips into equal slices.



2 Make sure the potatoes, sweet potato, and parsnip just under water in a large pot with a lid. Bring to the boil, covered, with a pinch of salt and cook for 12 - 15 minutes. Then drain, reserving a small portion of the cooking liquid, and leave without a lid to steam.

3 Meanwhile, cut the zucchini into 1 cm cubes. Remove the rosemary from the stems and chop finely. Tear the arugula small and chop the pecans coarsely.

4 Heat a frying pan over high heat and fry the pecans, without oil, until they are golden brown. Remove from the pan and set aside.

5 Heat the olive oil in the same frying pan and fry the zucchini and rosemary for 6 - 7 minutes over medium heat. Season with salt and pepper.

6 Mash the potatoes, parsnips, and sweet potato with a potato masher until a coarse puree. Stir the zucchini, herb cheese cubes, mustard and majority of the arugula into the stew. If necessary, add some cooking water to make it smooth. Season with salt and pepper.

7 Divide the stew on plates and garnish with pecans and the remaining arugula.



Tip! Do you not like raw arugula? Then add all the arugula to the stew. This way it will shrink in its entirety.

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WINEBOX

Masan rosé

An exotic dish with a variety of tastes and the occasional sweetness. Masan rosé can cope with all of these flavors.



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Indonesian stir-fry with green beans, honey peanuts and sambal

With fresh cucumber, noodles and eggs

Sambal telur is a preparation of Indonesian cuisine. The uniqueness of this dish is that you marinate the boiled eggs in a spicy sauce made from sambal. By packing the eggs the flavors are enhanced. The pieces of peanuts give the egg a tasty bite.

store in refrigerator



30-35 min



a lot of steps



eat within 5 days



vegetarian



spicy



Free-range eggs



String beans



Cucumber



Fresh ginger



Red chili



Spicy honey peanuts



Curry spices



Garlic clove



Noodles



Peanut butter



Soy sauce

Ingredients

	1P	2P	3P	4P	5P	6P
Free-range egg (pc) 3)	2	4	6	8	10	12
Garli clove (pc)	1	2	2	3	3	4
Fresh ginger (cm)	1	2	3	4	5	6
Red chilli (pc)	¼	½	¾	1	1¼	1½
String beans (g)	150	300	450	600	750	900
Spicy honey peanuts (g) 5) 22)	15	30	45	60	75	90
Curry spices (tsp.)	1	2	3	4	5	6
Cucumber (pc)	¼	½	¾	1	1¼	1½
Noodles (g) 1)	75	150	225	300	375	450
Peanut butter (tub) 5) 21) 22)	1	2	3	4	5	6
Soy sauce (ml) 1) 6) 19)	10	20	30	40	50	60
Sambal (tsp.)*	1	2	3	4	5	6
Honey (tsp.)*	½	1	1½	2	2½	3
White balsamic vinegar (tbsp.)*	1	2	3	4	5	6
Sunflower oil (tbsp.)*	1	1	2	2	3	3
Ketjap (tbsp.)*	1	2	3	4	5	6
Pepper and salt*	To Taste					

* Add yourself

Allergens

1) Gluten **3)** Eggs
5) Peanuts **6)** Soy
 May contain traces of
19) peanuts, **21)** milk/
 lactose and **22)** nuts.

Utensils

Saucepan, 3 x bowl, cling
 film, pot with lid, stir-fry
 or sauté pan with lid

Nutrition Facts 761 kcal | 31 g protein | 79 g carbs | 32 g fat, of which 7 g saturated | 9 g fibres



1 Bring the eggs to a boil in a saucepan with water and boil for 6 - 8 minutes until hard. Drain and run under cold water and peel the eggs.

2 Meanwhile cut or press the garlic. Peel the ginger, remove the seeds of the red chilli and chop both finely. Remove the stalk of the beans and cut into thin slanting slices of ½ cm.



3 Chop ¼ of spicy honey peanuts fine. Mix the curry spices in a bowl with the sambal, chopped peanuts and 1 tsp. water per person. Spread a piece of cling film of 20 x 20 cm over each egg and spread the sambal mixture over about 7 x 7 cm. Place the egg in the middle and fold the foil around it so that the whole egg is covered. Turn the ends. Repeat for the other eggs. Set aside until use.

4 Cut the cucumber in half slices. Mix in a bowl of honey with the white balsamic vinegar and ⅓ of the red chilli. Add the cucumber and season to taste with salt and pepper. Keep the cucumber salad in the refrigerator.



5 Boil 500 ml of water per person in a pot with a lid for the noodles. Boil the noodles, covered, for 3 - 4 minutes. Then drain and rinse under cold water.

6 Heat the sunflower oil in a stir-fry or sauté pan with lid and fry the garlic, ginger and remaining red chilli for 2 minutes over medium heat. Add the beans and cook, covered, for 8 minutes.



7 Meanwhile, stir the peanut butter in a bowl with the soy sauce, ketjap and 2 tbsp. of water per person. Add the noodles and peanut sauce to the beans, reduce heat to high and stir-fry for 2 minutes. Divide the noodles over the plates. Sprinkle with the remaining honey peanuts and serve with the quartered egg and cucumber salad.



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WINEBOX

Masan rouge

This hot comfort soup demands a similar wine. The warm-blooded masan rouge from the Languedoc is the ultimate match in this case.



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Pumpkin-chickpea soup with multigrain baguette

With honeyed chickpeas from the oven

A delicious and hearty winter soup with a slight tang of red chilli, fragrant cumin and tasteful fresh mint. The chickpea gives this soup not only sturdiness, but also a good amount of protein.



25-30 min



easy



eat within
5 days



vegetarian

store in refrigerator



☐ Red chilli



☐ Hokkaido pumpkin



☐ Mint



☐ Onion



☐ Chickpeas



☐ Cumin powder



☐ Multigrain baguette

Ingredients

	1P	2P	3P	4P	5P	6P
Onion (pc)	½	1	1½	2	2½	3
Red chilli (pc)	¼	½	¾	1	1¼	1½
Hokkaido pumpkin (pc)	¼	½	¾	1	1¼	1½
Chickpeas (pot)	½	1	1½	2	2½	3
Cumin powder (tsp.)	1	2	3	4	5	6
Multigrain baguette (pc) 1) 11) 17) 20) 21) 22) 24) 27)	1	2	3	4	5	6
Mint (leaves) 23)	4	8	12	16	20	24
Olive oil (tbsp.)*	1	1	1½	1½	2	2
Vegetable bouillon cube*	¾	1½	2¼	3	3¾	4½
Honey (tbsp.)*	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp.)*			To Taste			
Pepper and salt*			To Taste			

* Add yourself

Allergens

1) Gluten **11)** Sesame
May contain traces of
17) eggs, **20)** soy,
21) milk/lactose,
22) nuts, **23)** celery,
24) mustard and
27) lupine.

Utensils

Colander, soup pot
with lid, baking sheet
with baking paper,
stick blender

Nutrition Facts 677 kcal | 23 g protein | 85 g carbs | 24 g fat, of which 3 g saturated | 19 g fibres



1 Preheat oven to 210 degrees and cook 450 ml of water per person.



2 Meanwhile, finely chop the onion. Remove the seeds from red chilli and cut the red chilli finely. Remove the seeds from the pumpkin and cut the pumpkin small. You do not need to peel the pumpkin. Leave the chickpeas in a colander and rinse under the tap.



3 Heat olive oil in a large pot with a lid and cook the onion and red chilli for 2 minutes on low heat. Add the pumpkin, cumin and half of the chickpeas and cook, stirring for 1 minute. Crumble the bouillon cube over the pan, add 350 ml of boiling water per person and bring to a boil, covered. Let the soup simmer for 15 minutes.



4 Mix the remaining chickpeas with honey and a pinch of salt and place spread on a baking sheet with baking paper and bake for 15 minutes in the oven. Bake the multigrain baguette along for the last 5 - 7 minutes. Meanwhile, cut the mint into thin strips.

5 Remove the soup from the heat and purée with a stick blender. Season with salt and pepper and add some boiling water if you want to thin the soup.

6 Divide the soup into bowls and garnish with the baked chickpeas, mint and extra virgin olive oil to taste. Serve with the multigrain baguette.

Tip! Did seeds and kernels from your baguette fall off during baking or are they still in the box, then don't throw it away but garnish the soup with it!

Did you know that chickpeas are high-protein legumes?

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WINEBOX

Masan blanc

Masan blanc is a super cool fresh wine from the southwest of France. The best choice for this tasty, refreshing salad.



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Potatoes salad with apple, goat cheese and walnuts

Fresh because of the apple and creamy because of the goat cheese

This rich and flavorful salad with potatoes is very quick, so if you have limited time, this is the ideal dish. You garnish the dish with goat cheese and walnuts.

store in refrigerator



25-30 min



easy



eat within
5 days



vegetarian



kid
friendly



gluten free



Fresh goat cheese



Lettuce melange



Baby potatoes



Shallot



Elstar apple



Walnuts

Ingredients

	1P	2P	3P	4P	5P	6P
Baby potatoes (g)	250	500	750	1000	1250	1500
Shallot (pc)	½	1	1½	2	2½	3
Elstar apple (pc)	½	1	1½	2	2½	3
Lettuce melange (g) 23)	50	100	150	200	250	300
Fresh goat cheese (g) 7)	50	100	150	200	250	300
Walnuts (g) 8) 19) 22)	20	40	60	80	100	120
Extra virgin olive oil (tbsp.)*	1	2	2	3	3	3
Black balsamic vinegar (tsp.)*	2	4	6	8	10	12
Honey (tsp.)*	½	1	1½	2	2½	3
Pepper and salt*	To Taste					

* Add yourself

Allergens

7) Milk/lactose **8)** Nuts
May contain traces of
19) peanuts, **22)** nuts
and **23)** celery.

Utensils

Pot with lid, bowl, salad
bowl

Nutrition Facts 665 kcal | 17 g protein | 65 g carbs | 36 g fat, of which 10 g saturated | 8 g fibres



1 Boil 250 ml of water per person for the potatoes. Cut the large potatoes into quarters and small ones in half. Boil the potatoes, covered, for 15 minutes in the pot with a lid. Then drain and let steam without the lid.

2 Finely chop the shallot. Cut the apple (Elstar) into quarters, remove the core and cut the apple into thin wedges.

3 Make a bowl a dressing of extra virgin olive oil, black balsamic vinegar and honey. Season with salt and pepper.

4 In a salad bowl mix the potatoes with the lettuce melange, shallot, apple and dressing.

5 Spread the potatoe salad onto the plates and put the goat cheese on top. Sprinkle with walnuts.



Tip! Roast the walnuts in a dry skillet. This makes them extra tasty.

Rather eat a hot dish? Place the goat cheese, apple and walnuts on a baking sheet with baking paper and sprinkle with 1 tsp. of honey per person. Then bake for 10 minutes in a preheated oven at 180 degrees. Remove from oven and place the goat cheese with apple and walnuts on top of a bed of lettuce.





JAMIE'S CHICKEN-STROGANOFF WITH MUSHROOM AND FAST PICKLED RED ONIONS



with **Jamie
Oliver**
Cooking is made easy
with Hello Fresh

Chicken with mushrooms is a classic combination that I always score with at home; whether it is in the form of a lasagne, a pie or, as here, as a creamy stroganoff sauce. The fast pickled red onions provide a blissful acidity that make this a perfect weeknight meal. Mushrooms are rich in copper (one of the nutrients needed for an optimally functioning nervous system), and spinach is always good – it contains a lot of vitamin K, which contributes to overall physical health. Enjoy cooking!



40 minuten



healthy



eat at the
beginning

store in refrigerator



brown rice



fresh parsley



chestnut mushrooms



garlic clove



red onion



chicken thighs



paprika powder



lemon



leaf spinach



sour cream

For 1 person

- 80g brown rice
- 3 sprigs fresh parsley
- 75 g chestnut mushrooms
- 1 clove garlic
- ½ red onion
- 2 chicken thighs
- ¼ teaspoon paprika
- ½ lemon
- 50 g leaf spinach
- 50 g of sour cream

Add yourself: 1 tbsp. red wine vinegar, olive oil

Nutrition Facts per person:

CALS	FAT	SATURATED FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRES
586,6 kcal	18 g	5,6 g	33,8 g	76,9 g	9,1 g	0,5 g	5,2 g

Allergens: milk

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1. Cook the **rice** 12 to 15 minutes in a small saucepan of salted boiling water over medium heat and drain well. Pour back into the pan, season with **pepper** and set aside, with the lid on.

2. Meanwhile, pick the **parsley** and chop the leaves coarsely and the stalks finely. Cut the **mushrooms** into thin slices. Peel and chop the **garlic**.

3. Peel and slice the **red onion** into thin slices and put them in a bowl with the **vinegar**, **parsley** and a generous pinch of **salt**. Set the **pickled red onions** aside.

4. Cut the **chicken** into strips of 2 cm, mix with the **paprika** and ½ tbsp. oil in a bowl, grate the **lemon zest** over and toss with a good pinch of **pepper** and **salt**.

5. Heat 1 tbsp. **oil** in a medium skillet over high heat, add the **mushrooms** and **garlic** and continue stirring frequently, for 4 minutes, or until soft and golden.

6. Add half of the **pickled red onions**, cook for 1 minute, pour the mixture on a plate and put the pan back on the fire.

7. Stir fry the **chicken** for 5 to 6 minutes, or until golden brown and cooked through.

8. Add the **mushroom mixture** and the **spinach** and continue stirring frequently until the leaves have wilted.

9. Remove the pan from the heat and stir in the **sour cream**, **lemon juice** and **salt** and **pepper** to taste.

10. Sprinkle the rest of the **pickled red onions** on top and serve with **rice**.

Jamie



Have fun cooking! And do not forget to take a picture and share! #hellojamie



For more inspiration
www.hellofresh.nl / www.hellofresh.be

For 2 persons

- 160 g brown rice
- 3 sprigs fresh parsley
- 150g chestnut mushrooms
- 2 cloves garlic
- ½ red onion
- 4 chicken thighs
- ½ teaspoon paprika
- ½ lemon
- 100 g leaf spinach
- 100 g sour cream

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Add yourself: 1 tbsp. red wine vinegar, olive oil

Nutrition Facts per person:

CALS	FAT	SATURATED FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRES
570.3 kcal	18.3 g	5.7 g	33.0 g	73.0 g	6.6 g	0.5 g	4.5 g

Allergens: milk



1. Cook the **rice** 12 to 15 minutes in a small saucepan of salted boiling water over medium heat and drain well. Pour back into the pan, season with **pepper** and set aside, with the lid on.
2. Meanwhile, pick the **parsley** and chop the leaves coarsely and the stalks finely. Cut the **mushrooms** into thin slices. Peel and chop the **garlic**.
3. Peel and slice the **red onion** into thin slices and put them in a bowl with the **vinegar**, **parsley** and a generous pinch of **salt**. Set the **pickled red onions** aside.
4. Cut the **chicken** into strips of 2 cm, mix with the **paprika** and ½ tbsp. oil in a bowl, grate the **lemon zest** over and toss with a good pinch of **pepper** and **salt**.
5. Heat 1 tbsp. **oil** in a medium skillet over high heat, add the **mushrooms** and **garlic** and continue stirring frequently, for 4 minutes, or until soft and golden.
6. Add half of the **pickled red onions**, cook for 1 minute, pour the mixture on a plate and put the pan back on the fire.
7. Stir fry the **chicken** for 5 to 6 minutes, or until golden brown and cooked through.
8. Add the **mushroom mixture** and the **spinach** and continue stirring frequently until the leaves have wilted.
9. Remove the pan from the heat and stir in the **sour cream**, **lemon juice** and **salt** and **pepper** to taste.
10. Sprinkle the rest of the **pickled red onions** on top and serve with **rice**.

Jamie



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For more inspiration

www.hellofresh.nl / www.hellofresh.be

For 3 persons

- 240 g brown rice
- 3 sprigs fresh parsley
- 225 g chestnut mushrooms
- 2 cloves garlic
- 1 red onion
- 6 chicken thighs
- 3/4 teaspoon paprika
- ½ lemon
- 150 g leaf spinach
- 150 g sour cream

Add yourself: 2 tbsp. red wine vinegar, olive oil

Nutrition Facts per person:

CALS	FAT	SATURATED FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRES
579,1kcal	19 g	5,8 g	32,9 g	73,5 g	7,2 g	0,5 g	4,6 g

Allergens: milk

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JAMIE OLIVER
FOOD
FOUNDATION



1. Cook the **rice** 12 to 15 minutes in a small saucepan of salted boiling water over medium heat and drain well. Pour back into the pan, season with **pepper** and set aside, with the lid on.
2. Meanwhile, pick the **parsley** and chop the leaves coarsely and the stalks finely. Cut the **mushrooms** into thin slices. Peel and chop the **garlic**.
3. Peel and slice the **red onion** into thin slices and put them in a bowl with the **vinegar**, **parsley** and a generous pinch of **salt**. Set the **pickled red onions** aside.
4. Cut the **chicken** into strips of 2 cm, mix with the **paprika** and 1 tbsp. oil in a bowl, grate the **lemon zest** over and toss with a good pinch of **pepper** and **salt**.
5. Heat 1 ½ tbsp. **oil** in a medium skillet over high heat, add the **mushrooms** and **garlic** and continue stirring frequently, for 4 minutes, or until soft and golden.
6. Add half of the **pickled red onions**, cook for 1 minute, pour the mixture on a plate and put the pan back on the fire.
7. Stir fry the **chicken** for 5 to 6 minutes, or until golden brown and cooked through.
8. Add the **mushroom mixture** and the **spinach** and continue stirring frequently until the leaves have wilted.
9. Remove the pan from the heat and stir in the **sour cream**, **lemon juice** and **salt** and **pepper** to taste.
10. Sprinkle the rest of the **pickled red onions** on top and serve with **rice**.

Jamie



Have fun cooking! And do not forget to take a picture and share! #hellojamie



For more inspiration
www.hellofresh.nl / www.hellofresh.be

For 4 persons

- 320 g brown rice
- 6 sprigs fresh parsley
- 300g chestnut mushrooms
- 3 cloves garlic
- 1 red onion
- 8 chicken thighs
- 1 teaspoon paprika
- ½ lemon
- 200 g leaf spinach
- 200 g sour cream

Add yourself: 2 tbsp. red wine vinegar, olive oil

Nutrition Facts per person:

CALS	FAT	SATURATED FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRES
564,7kcal	17,9g	5,6g	32,8g	72,5g	6,5g	0,5g	4,6g

Allergens: milk

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1. Cook the **rice** 12 to 15 minutes in a small saucepan of salted boiling water over medium heat and drain well. Pour back into the pan, season with **pepper** and set aside, with the lid on.



2. Meanwhile, pick the **parsley** and chop the leaves coarsely and the stalks finely. Cut the **mushrooms** into thin slices. Peel and chop the **garlic**.
3. Peel and slice the **red onion** into thin slices and put them in a bowl with the **vinegar**, **parsley** and a generous pinch of **salt**. Set the **pickled red onions** aside.



4. Cut the **chicken** into strips of 2 cm, mix with the **paprika** and 1 tbsp. oil in a bowl, grate the **lemon zest** over and toss with a good pinch of **pepper** and **salt**.
5. Heat 1 ½ tbsp. **oil** in a medium skillet over high heat, add the **mushrooms** and **garlic** and continue stirring frequently, for 4 minutes, or until soft and golden.



6. Add half of the **pickled red onions**, cook for 1 minute, pour the mixture on a plate and put the pan back on the fire.
7. Stir fry the **chicken** for 5 to 6 minutes, or until golden brown and cooked through.

8. Add the **mushroom mixture** and the **spinach** and continue stirring frequently until the leaves have wilted.
9. Remove the pan from the heat and stir in the **sour cream**, **lemon juice** and **salt** and **pepper** to taste.
10. Sprinkle the rest of the **pickled red onions** on top and serve with **rice**.

Jamie O



Have fun cooking! And do not forget to take a picture and share! #hellojamie   

For more inspiration
www.hellofresh.nl / www.hellofresh.be

For 5 persons

- 400 g brown rice
- 6 sprigs fresh parsley
- 380 g chestnut mushrooms
- 3 cloves garlic
- 2 red onions
- 10 chicken thighs
- 1 1/4 tsp paprika
- 1/2 lemon
- 250 g leaf spinach
- 250 g sour cream

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Add yourself: 3 tbsp. red wine vinegar, olive oil

Nutrition Facts per person:

CALS	FAT	SATURATED FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRES
566,2 kcal	17,3 g	5,5 g	33 g	74,1 g	7,8 g	0,5 g	4,8 g

Allergens: milk

JAMIE OLIVER
FOOD
FOUNDATION



1. Cook the **rice** 12 to 15 minutes in a small saucepan of salted boiling water over medium heat and drain well. Pour back into the pan, season with **pepper** and set aside, with the lid on.
2. Meanwhile, pick the **parsley** and chop the leaves coarsely and the stalks finely. Cut the **mushrooms** into thin slices. Peel and chop the **garlic**.
3. Peel and slice the **red onion** into thin slices and put them in a bowl with the **vinegar**, **parsley** and a generous pinch of **salt**. Set the **pickled red onions** aside.
4. Cut the **chicken** into strips of 2 cm, mix with the **paprika** and 1 tbsp. oil in a bowl, grate the **lemon zest** over and toss with a good pinch of **pepper** and **salt**.
5. Heat 1 1/2 tbsp. **oil** in a medium skillet over high heat, add the **mushrooms** and **garlic** and continue stirring frequently, for 4 minutes, or until soft and golden.
6. Add half of the **pickled red onions**, cook for 1 minute, pour the mixture on a plate and put the pan back on the fire.
7. Stir fry the **chicken** for 5 to 6 minutes, or until golden brown and cooked through.
8. Add the **mushroom mixture** and the **spinach** and continue stirring frequently until the leaves have wilted.
9. Remove the pan from the heat and stir in the **sour cream**, **lemon juice** and **salt** and **pepper** to taste.
10. Sprinkle the rest of the **pickled red onions** on top and serve with **rice**.

Jamie



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For more inspiration
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WEEK 50
2016



A culinary question while cooking?

Send us a free WhatsApp message from 16:00 - 21:00 to +31 (0) 6 2727 3232.



Take a picture of your dish and share it via social media. The best photo will win a surprise!

Apple-oatmeal crumble cakes

A healthy alternative to apple pie

More than 7,000 types of apples exist. Some of them come from Holland, such as Jonagold, Rubens, Royal Gala, Goudrenet and Elstar apple. This warm crumb cake with Jonagold apple tastes delicious with a cup of coffee or tea.



easy

Ingredients for 8 cakes

1 Jonagold apple

40 g raisins **12)**

2 tsp. cinnamon

2 tbsp. real butter*

150 g oatmeal*

2 eggs*

1 tbsp. honey*

Pinch of salt*

* Add yourself

Allergens

12) Sulfite

Utensils

Rough grater,
saucepan, large
mixing bowl, small
baking dish with
baking paper



1 Preheat the oven to 190 degrees.

2 Grater or slice the apple (Jonagold) fine. You do not have to peel the apples. Chop the raisins small.

3 Melt the butter in a saucepan over low heat.

4 Mix the apple, raisins and butter with the rest of the ingredients in a large mixing bowl. Pour into a small baking dish with baking paper and press down firmly with the back of a spoon. Bake 45 to 50 minutes in the oven. If the top gets too brown, cover it over with a piece of baking paper or aluminum foil.

5 Let it cool and cut the cake into pieces.



Tip! You can replace the apple with 125g blueberries, or replace the apple and the honey with two bananas.
Do you want to make the dish sweeter? Add 1 tsp. vanilla extract.

1^x

Kakifruit
wordt ook wel
sharonfruit
genoemd en heeft
een friszoete
smaak.



Fruit salad with mixed nuts and fresh mint



Ingredients for 1 breakfast

	2P	4P
Granny smith apple (pc)	2	4
Kakifruit (pc)	1	2
Grapefruit (pc)	1	2
Fresh mint (leaves) 23)	8	16
Mixed nuts (g) 8) 19) 22)	50	100

* Add yourself

Utensils

Bowl



Allergens 8) Nuts. May contain traces of 19) peanuts, 22) nuts and 23) celery.

Nutrition Facts 329 kcal | 7 g protein | 40 g carbs | 14 g fat | of which 2 g saturated
6 g fibres

1 Cut the apple (Granny Smith) and kaki fruit small, both with the skin. Peel the grapefruit. Mix together in a bowl.

2 Slice or chop the mint finely and chop the nuts coarsely.

3 Add the mint and nuts to the bowl.

4 Divide the salad into the bowls.



Tip! Extra lekker: haal bij de grapefruit het vruchtvlees uit de vliesjes.